



## Perfect display



Photo courtesy of the 882nd Training Group

The 882nd Training Group's SIMMAN gives students the opportunity to practice medical procedures before setting out to apply their skills to real patients. SIMMAN was put on display at the Association of Military

882nd TRG puts technology on display at AMSUS conference

Courtesy of the 882nd Training Group

Members of the 882nd Training Group showed members of the Association of Military Surgeons of the United States why they are the medical training center of excellence.

The group set up a display at the AMSUS conference held in Denver, Colo., Nov. 14-19. The 882nd's exhibit included an AMBUS used for patient transport in the field, a slideshow of a Contingency Aeromedical Staging Facility in Iraq and SIMMAN, the computerized mannequin that allows interactive training on medical procedures.

In addition to the readiness exhibit, several 882nd TRG members were handpicked to make

Surgeons of the United States conference in November to give the various military services an opportunity to see the technology used to train their respective medical personnel.

presentations at the conference.

Maj. Elaine Dekker, 383rd Training Squadron Epidemiology, Prevention and Infection Control course supervisor, co-led an infection control workshop for Air Force Reserve and Air National Guard nursing personnel. The major provided an update on the latest science in a rapidly changing field.

Lt. Col. Katrina Glavan-Heise, 383rd TRS Basic Nursing Flight Commander and 882nd TRG Chief Nurse, and Lt. Col. Janelle Costa, commander of the 383rd TRS, led four leadership and management workshops for officers and enlisted Air Force Reserve and Air National Guard personnel from all medical specialties.

## Funding received to train Sheppard spouses

Compiled by Sheppard Senator staff

Getting started in their own career became easier for dependent spouses recently when Sheppard received funds to pay for their training.

Sheppard was one of 20 bases awarded an Air Force Aid Society Grant to offer Certified Nurses Aide training for twelve spouses of active duty Air Force members during 2005. In this entry-level course, nursing assistants can gain the knowledge, skills and competencies essential to providing basic care to residents of long-term care facilities.

The 28-hour course topics include resident rights and safety, reporting, observation, effective communication, effective interaction with the health care team, assisting residents in maintaining basic comfort and personal care. After completing the training and being certified through a written exam and skills assessment, each individual will be certified in Texas, Arkansas, Florida, Colorado, and Tennessee.

Michelle Schroeder, a career readiness specialist at the 82nd Mission Support Squadron Family Support Center, said applications for the program should be in as soon as possible to ensure students are enrolled on time.

"The last time I checked

there were only three openings left in the February class," she said.

The course will begin Feb. 1 at Vernon College's Century City Center location at 4105 Maplewood. Classes will be from 6 to 10 p.m. Tuesdays and Thursdays. Those interested need to hand write or type a one to two



tional benefit, spouses attending the training are eligible to gain employment at nursing homes in the Wichita Falls area after completing the first 16 hours of course work.

If for any reason, individuals do not complete the more than two months of training, they will be required to refund the tuition, book and testing money paid by the Air Force Aid Society.

This training opportunity will educate Air Force spouses with the skills and certification to fill jobs in high demand. Although you will only be certified in five states, the additional steps necessary to gain certification in other states after a PCS move generally require two days of additional training and skills competency assessment.

It will also give you the foundation to continue training in the medical field such as medication administration for the nurse aide, certified pharmacy technician, licensed vocational nurse, Registered Nurse, etc.

Please bring completed essays to the Family Support Center located in Bldg. 796 on I Avenue or e-mail Michelle.Schroeder@sheppard.af.mil as soon as possible. For more information, call the family support center at 6-4358.

The grant money will cover tuition, the book and testing for those who attend. As an addi-

## Airmen punished for alcohol-related offenses

Courtesy of the 82nd Training Wing Staff Judge Advocate

Two Sheppard Airmen received nonjudicial punishment under the Uniform Code of Military Justice for alcohol-related offenses between Jan. 3 and 9.

An Airman in the 361st Training Squadron received an Article 15 punishment for underage drinking. The Airman was ordered to forfeit \$400 of pay, was restricted to the base

for 15 days and received a reprimand.

Another Airman from the 361st TRS also received an Article 15 punishment for underage drinking. The Airman was ordered to forfeit \$400 pay, was restricted to the base for 30 days and received a reprimand.

Article 15 of the UCMJ authorizes commanders to impose nonjudicial punishment for violations of the UCMJ that do not require a trial by court-martial.



## Twin peaks



W.G. Yates & Sons employees out of Oklahoma City work on the frame on top of a 300-room student pipeline dorm currently under construction on Avenue G. The 162,061-square-foot dorm, located between buildings 526 and 726, will cost about \$20.3 million and is scheduled to be completed by October. About 600 students will call the new dorm home when it is completed.

Photo by John Ingles

## Air Force releases revised Enlisted Force Structure regulation

By Michael Briggs

12th Flying Training Wing Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) - The Air Force further clarified and standardized the roles, responsibilities and duty titles of its enlisted members with the Dec. 1 release of a new Air Force Instruction 36-2618, The Enlisted Force Structure.

The 19-page document, certified by Chief Master Sgt. of the Air Force Gerald Murray, substantially revises the April 1, 1999, version of the regulation.

"I urge all Airmen to read and understand the enlisted force structure AFI," said Chief Murray in his Dec. 10 CMSAF Perspective and available online at [www.af.mil](http://www.af.mil). "This is your blueprint for success in our great Air Force ... an Air Force

revered around the world. Embrace your role and responsibility as an Airman ... and we'll continue to be the outstanding enlisted force our nation values, our allies appreciate and our enemies fear."

While short in length, the instruction is the most comprehensive tool the Air Force uses to define the structure of its more than 300,000 members in the ranks of airman basic

through chief master sergeant.

"To effectively train and manage enlisted Airmen, individuals must understand the expectations placed on these Airmen," said Chief Master Sgt. Jeffrey Sergeant, 12th Flying Training Wing Command chief master sergeant. "This instruction provides the information necessary to develop a clear understanding of these expectations."

The document serves as the definitive guide for developing an enlisted force structure that best meets mission requirements while providing a stable career field structure and opportunity for professional growth, according to the instruction's purpose statement.

"Clearly defining our purpose and development as an enlisted corps is more critical today than ever before," Chief Murray said. "It's the enlisted force structure that defines us as Airmen rather than merely specialists. In recent months, we've spent a great deal of time and talent to improve this AFI to

ensure we not only meet today's requirements, but also are ready to face any adversary at any time."

Included in the changes to the AFI are new listings of leadership and developmental levels, general Airman responsibilities and standardized duty titles. The instruction also provides more detail about NCO and senior NCO responsibilities and describes special senior NCO positions.

The three enlisted leadership and developmental levels added to the AFI are tactical, opera-

# Home sweet new home

373rd TRS cuts ribbon on new \$8.1 million C-130 training facility at Little Rock

By Airman 1st Class Tim Bazar  
314th Airlift Wing Public Affairs

Officials cut the ribbon on Little Rock Air Force Base's new C-130 Maintenance Training Facility in a ceremony Dec. 17.

The \$8.1 million, 33,733 square foot facility will be used by the 373rd Training Squadron, Detachment 4, based out of Sheppard Air Force Base, to train maintainers from more than 80 active-duty, Guard and Reserve C-130 units worldwide, in addition to maintainers from 15 other countries.

"We provide the best training to the best C-130 maintainers in the world," said 1st Lt. Joe Williams, 373rd TRS, Det. 4 commander, "and this new facility is going to let us provide them with top-notch equipment and technology."

"Twenty-one classrooms and four training bays will house three \$14 million J-model trainers, a \$2.5 million landing gear trainer, a \$74,000 fuel systems trainer, ramp, door and hydraulics trainers and space to train approximately 1,600 maintainers annually.

"Maintainers have never had a consolidated training facility that is conveniently located," said Col. Curtis Ross, 314th Airlift Wing vice commander.



Photo by Airman 1st Class Natasha Burch

First Lt. Joe Williams, 473rd Training Squadron, Detachment 4 commander, (second from left), Col. James Silva, 982nd Training Group commander, Senior Master Sgt. Gregg Keys, 373rd TRS superintendent, Col. Wally Walters, U.S. Army Corps of Engineers Little Rock District, facility will also house smart boards that allow instructors to illustrate ideas via touch-screen technology onto a chalkboard-like display.

"This new facility will allow the maintainers to be in constant contact with aircrew and other C-130 trainees from day one, and that will give them a very strong sense of teamwork."

The new facility will provide each student and instructor with new touch-screen computers that will link them together to share information. The

Col. Joseph Reheiser, 314th Airlift Wing commander and Rep. Vic Snyder, cut the ribbon of the C-130 Maintenance Training Facility here Dec. 17. Holding the ribbon are Staff Sgt. Lisa George (far left) and Justin Tierney (far right), both from the 373rd TRS.

in training, and these tools are a great way to do that."

"Old technology like chalkboards and books just don't work anymore," said Lieutenant Williams. "But, with all the new and exciting technology now available to our students, we can ensure that our people are training to their fullest potential."

## REG

Continued from Page 2

tional and strategic.

According to the instruction, the tactical level normally applies to junior NCOs and it is in this level that they perfect their primary skills. At this level the goal is to accomplish all assigned work as efficiently as possible using the personnel and resources available.

The operational level applies to senior NCOs. It is in the operational level where master sergeants transition from being expert technicians and first-line supervisors to leaders with broader responsibilities.

As stated in the AFI, most enlisted Airmen will spend their entire careers at the tactical and operational levels. "This is where their natural strengths – the technical skills, experience, and day-to-day mission focus of the enlisted force – are most required."

The strategic level of leadership and development normally applies to chief master sergeants and a select few other senior NCOs assigned to higher headquarters. These enlisted members focus on the strategic leadership and management of the force for current and future requirements.

"Leadership and development levels provide every enlisted member the necessary roadmap to chart a successful career," Chief Sergeant said. "At the earliest points in their careers, enlisted Airmen can identify the skills and knowledge required for every stage of their career progression, and can proactively work toward acquiring the skills and knowledge required for each stage."

"At the same time, the three leadership and development levels provide a method for articulating to everyone in the unit – from the most senior commander to the most junior Airmen – what should be expected of individuals based on the positions they occupy," the

chief said.

The revised AFI 36-2618 adds Airman responsibilities and further clarifies NCO and senior NCO responsibilities in Chapters 3 to 5.

The Airman and NCO responsibilities focus on people in those grades being technically, physically, mentally and spiritually ready to accomplish the mission while the senior NCO responsibilities are centered on effective leadership and mentoring.

In addition to general responsibilities, each chapter spells out specific responsibilities for each rank.

The final chapter of the instruction, Chapter 7, spells out specific enlisted duty titles and provides a consistent, standard approach to ensure the terms are clarified and meaningful.

The chapter spells out who can and can't have certain duty titles. The duty title "chief" can now only be used by chief master sergeants who are program, project or policy managers at units above the wing level. All other enlisted Airmen must now use titles such as supervisor, NCO in charge, section chief, flight chief, squadron superintendent, superintendent or manager.

The AFI describes the rank and type of duty a person must perform for each duty title listed.

"We based titles on a person's primary duties, level of responsibility and rank," Chief Murray said. "A consistent, standard approach gives the title universal meaning. When you reach a superintendent of a wing shop, you'll know you are dealing with a (senior) NCO in charge. Today's operations tempo calls for a quick understanding of a person's role. We are facing new challenges everyday and we have to maintain our edge for every angle."

For the latest copy of AFI 36-2618, log to [www.e-publishing.af.mil](http://www.e-publishing.af.mil).

## Chute!



Photo by John Ingle

Every parachute at the 80th Flying Training Wing goes through a thorough inspection every 180 days. Fred Aguella, above, of Lear Siegler, Inc. said each component of the parachutes are inspected and repaired if needed, including items such as the actuator that automatically opens the parachute, the small oxygen bottle, a beacon and a small survival kit. Once components of the pack are checked, survival equipment specialists spread out the canopy and check for any tears or areas that could compromise the chutes' integrity. The specialists maintain about 700 parachutes at the training wing.

The deadline for story submissions to the *Sheppard Senator* is noon the Friday before the requested publication date. For more information, call 6-7244.

Enjoy serving in the Air Force? Don't ruin your career by drinking and driving.

## Briefly Speakin

### AAHC to host allnight party

The African-American Heritage Committee will host an MLK Weekend All-Night Party Saturday at the enlisted club from 9 p.m. to 3 a.m.

The cost is \$5 and an additional \$5 for the breakfast for non-members that will begin at midnight. For more information, call 6-1421 or 6-2887.

### Flu vaccines available for students, instructors

The 82nd Medical Group will have an immunization line for students, instructors and military training leaders.

The immunization will be administered Saturday from 8 a.m. until 1 p.m. at the community center.

There will be a questionnaire that is filled out prior to receiving this immunization. For more information about the FluMist immunization, visit [www.cdc.gov/nip/publications/VIS/vis-fluive.pdf](http://www.cdc.gov/nip/publications/VIS/vis-fluive.pdf).

### ID cards by appointment

The military personnel flight is now processing DEERS transactions by appointment.

These include but are not limited to issuing ID cards, processing marriages and adding new family members. Walk-ins are also accepted.

For more information or to make an appointment, call 6-4837 or 6-8349.

### Tax center to open soon

The tax center will open for business Jan. 24 in Bldg. 1121.

The center will be open from 9 a.m. to 4 p.m. Monday through Friday for active duty personnel, retirees, dependents and civil service employees.

The hours for students and military training leaders is Monday through Friday from 9 a.m. to 6 p.m.

For more information, call 6-1981.

### NAF sale planned

The 82nd Services Division will have a non-appropriated fund sale Jan. 27.

These sales will take place from 10 a.m. to 1 p.m. at Sky Court in the Bunker Hill housing area.

For more information regarding the sale, call Chris Lamirault at 6-6693.

### Tickets available for awards banquet

Personnel wanting to attend the 82nd Training Wing's Annual Awards Banquet can still purchase tickets.

Cost for club members is



## Major loss

Former AF James G. Roche to lose rank, almost \$1 million after IG substantiates unprofessional relationships

Courtesy of Air Force Print News

WASHINGTON (AFPN) — Air Force Secretary Dr. James G. Roche has directed that Maj. Gen. Thomas J. Fiscus, the former Judge Advocate General of the Air Force, be retired in the permanent grade of colonel effective Feb. 1.

Retirement in the grade of colonel instead of major general will result in a future retired pay loss of about \$900,000. Air Force budget officials said. The estimated loss of future retired pay is based on an annual life expectancy of 29.5 years, using Internal Revenue Service life expectancy tables.

The retirement grade determination follows an Air Force Inspector General investigation and subsequent nonjudicial punishment for several violations under the Uniform Code of Military Justice.

Gen. Donald G. Cook, commander of Air Education and Training Command, imposed nonjudicial punishment consisting of the maximum permissible forfeitures of pay and a reprimand Dec. 21.

Security Roche made the retirement-grade determination after a review of the report of investigation and after considering recommendations from Air Force Chief of Staff Gen.



Fiscus

John P. Jumper, General Cook, and a panel of the Air Force Personnel Council comprised of three lieutenant generals.

Before making his decision, Secretary Roche also considered General Fiscus' entire military record and matters General Fiscus submitted for consideration in the grade determination. The secretary concluded that he had not served satisfactorily as either a major general or brigadier general.

In the report of investigation, the IG substantiated three categories of allegations. Allegations included unprofessional relationships with both officer and enlisted female subordinates, inappropriate sexual advances toward female subordinates and improper relationships with female civilians. The incidents occurred over 10 years and involved 13 women.

When a commissioned officer retires, federal law requires the service secretaries to determine the highest grade the officer satisfactorily held over the course of his or her career.

General Fiscus will also lose the benefit of the privileges and respect normally afforded to retired general officers.

The general served the Air Force for over 32 years and attained the highest rank and position available to a military lawyer.

## BUSH

Continued from Page 1

thank you for the work you do."

Earlier today, President Bush received what he called "an extensive briefing" from Secretary of State Colin Powell following the secretary's trip to the affected

region. In addition to describing "the unbelievable damage," President Bush said Secretary Powell also brought him up to date on the "extraordinary efforts" the U.S. government, U.S. people and other world governments are mak-

ing to provide relief.

"The president said the United States remains committed to helping those suffering from the disaster.

"We're committed today," he said. "And we will be committed tomorrow."

## SHOW

Continued from Page 1

Sheppard.

The colonel said visitors should expect between six and 10 performances as well as static displays of military and civilian aircraft. Visitors will

also have an opportunity to see different displays from Sheppard's training squadrons.

Since Sheppard will host the air show in October, Colonel Carr said the base

won't host Freedom Fest in July.

"The wing wanted to go to an every-other-year scenario," he said. "Doing both events in one year is very demanding."

## AID

Continued from Page 1

stark land where roads are impassable, trucks are scarce and the citizens are desperate.

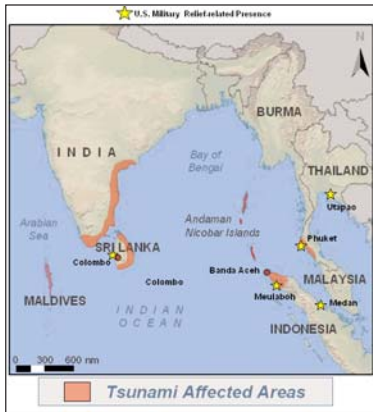
The C-130s head back to Medan for second and third loads, always balancing maximized capacity with flight and ground safety. Forklifts do much of the heavy lifting, but not all. Loadmasters and people on the ground seek through shirts and flight suits in the humid Indonesian nights. Piles of tent poles and 200-pound canvases are too bulky to load on pallets and are, instead, heaved about with brute, back-breaking force.

As crews work to load one plane, they pause to watch a seemingly endless line of refugees exit another. Thousands of refugees, many injured and all horribly shaken, have been flown to Medan by the international contingent. Very few carry any bags.

At dawn, swarms of U.S. Navy helicopters swoop into Banda Aceh from ships anchored off the coast. They queue into receiving lines at the airfield, directed by civilian air traffic controllers and 320th Special Tactics Squadron combat controllers. More helicopters from the Indonesian air force join the file and haul bundles to shattered cities up and down the coast.

The Air Force controllers use airfield management expertise to improve the efficiency of the operation and keep it safe. Another team of combat controllers works cargo shipping veins from Medan.

The hardscrabble squad organizing moving parts in Banda Aceh unquestionably defines the term "remote." They would be a step up in this rural



Courtesy of U.S. Pacific Command

Indonesian town where the dead outnumber the living. The Airmen sleep on the tarmac on cots covered with mosquito nets a mere 75 yards from where cargo planes maneuver in for unloading. The noise and commotion occur around the clock, and the physical demands are endless.

Their food and water consist of that which they brought in their trucks. As the sun comes up back in Langkawi, Malaysia, aircraft maintainers recover the planes and assess the status. The aircrews trudge off to sleep, and the maintenance begins. Luxuries of home station do not exist, and the logistic tail back to Japan is a long one. Pile on language barriers, security considerations and a minimal work force and the challenges become apparent. Two hallmarks of special operations, flexibility and

innovation, are exercised daily.

The work being done by the 353rd SOG Airmen here is vital to recovery in the region, said Lt. Col. Rick Samuels, the Air Force special operations component commander.

"The moment we fail to react to others in need, we cease to be human," he said. "Our government cares deeply about helping these folks get back on their feet, and we demonstrate that daily."

Colonel Samuels said 353rd SOG officials considered several operating bases before deciding on Langkawi.

Another challenge facing the group was arriving before the higher headquarters was fully stood up. Colonel Samuels said the 353rd SOG's unique capabilities allowed it to move into Thailand and begin delivering aid before Joint Task Force 536 had arrived.

For more Air Force news, visit [www.af.mil](http://www.af.mil).



Photo by Photographer's Mate Airman Jordan Beasley

Banda Aceh, Sumatra, Indonesia – A young Indonesian girl clasps her new teddy bear, given to her by Sailors assigned to USS Abraham Lincoln. The Sailors collected and distributed more than 250 toys to the Indonesian children.

## Navy helps youngest tsunami victims

By Journalist 1st Class Michael Murdock

U.S. 7th Fleet Public Affairs

ABOARD USS ABRAHAM LINCOLN, At Sea – Sailors appeared from all over the USS Abraham Lincoln (CVN 72) and lined up in the ship's hangar bay in January to donate some of their most prized possessions – stuffed animals and toys – to victims of the tsunami disaster in Southeast Asia.

While it may seem odd for Sailors to covet such items, it should be known the stuffed animals and toys were primarily mementos from loved ones, or special gifts for their children or young relatives back home. Despite the special meaning attached to these items, the Sailors who donated them felt it was more important to try to bring a little joy to young tsunami victims who now have little else.

"I know that if I was in that position, I would want something to hold on to, also," said Fire Controlman 2nd Class Melissa A. Gude, of Lincoln's Combat Systems Department, and a native of Hanover, Pa. She donated a pink, stuffed pig that has been her traveling companion for 10 years.

All this came about because Lincoln's First Class Petty Officer's Association (FCPOA) wanted to do something to help with the relief effort and show the ship's generosity. After conferring with Capt. David Lausman, Lincoln's executive officer, and the ship's Religious Ministries Department, the group decided to organize the toy drive.

Under the guidance of the association's vice president, Information Systems Technician 1st Class Felix C. Jones, of Lincoln's Combat Systems Department, and native of Abilene, Texas, the logistics were worked out and the toy drive approved. Little did they realize they would get such quick and positive results.

"We were blessed that people had some toys on board, and that the ship's

store had some teddy bears available," said Jones. "These were personal items that people cherished. People just gave from their hearts."

One by one, Sailors stepped up and placed stuffed animals and toys in the large box that had been set up for the effort.

"This is the polar bear pillow that my boys gave me before I left," said Boatsteward's Mate 1st Class (SW) John E. King, of Lincoln's Deck Department.

"I e-mailed them and told them the pillow needs to go to someone else," explained the Hot Springs, Ark. native. "They said, 'By all means,' and now they feel that they are connected to me, and also connected to all those people who have been hurt so terribly."

Within a couple hours, 250 toys had been collected for distribution. Members of Lincoln's FCPOA then placed the donations in bags and carried them to the ship's flight deck, where they were loaded aboard an SH-60 Seahawk helicopter and flown to the air-

port at Banda Aceh. Lincoln's command master chief, Master Chief John O'Banion, of Cunningham, Kan., and several other Lincoln Sailors then carried them from the helicopter landing area to the medical tents used to provide initial medical treatment for evacuated tsunami victims.

"U.S. AID (Agency for International Development) was astounded," said O'Banion.

According to O'Banion, the U.S. AID representative who accepted the donations said it was like an answered prayer. The aid workers at the hospital had discussed the need for such items the night before. Several mentioned the stuffed animals will provide much needed healing power for the young patients when they need it most.

"They need it more than me," said Cryptologic Technician Seaman Apprentice Sabrina B. Costa, of Lincoln's Operation's Department, and a native of Houston. "They lost everything."



Photo by Photographer's Mate 2nd Class Philip McDaniel

Banda Aceh, Sumatra, Indonesia – Hospital Corpsman 3rd Class Sylvia Esthary of Lake Charles, La., presents a teddy bear to a young Indonesian boy who was brought to the triage area at Sultan Iskandar Muda Air Force Base here.

Be  
safe  
in  
this...



so we  
can  
triumph  
in  
this...



## Musical success one rung at a time

Instructor  
climbs country  
music ladderBy Airman 1st Class Jacque Lickteig  
Staff writer

**T**he last time his name graced the Sheppard Senator's pages, he had already laid a sturdy foundation to start a steady climb to the country music industry's top.

In less than six months, Staff Sgt. Chris Brade has scaled the rungs that could hoist him to stardom, recording his second self-titled album, including his new single, "Ladder of Love," and finding a label, BonTex Records, along the way.

The 363rd Training Squadron instructor said in the July article that he planned to lay down the "Ladder of Love" track, penned by Country & Western greats Rodney Crowell and Lee Roy Parnell. But, Sergeant Brade said he wanted to sway the head honchos of Sin-Drome Records with the demo version in a meeting in November.

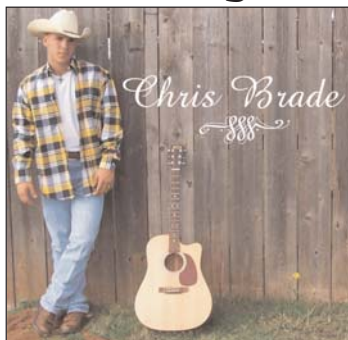
Happencence changed those plans in August when Jerry Mac, president and founder of the BonTex Records, stumbled upon Sergeant Brade's Web site, [www.chrisbrade.com](http://www.chrisbrade.com), and listened to some of the tracks on the site.

"I was very impressed with the quality of his music," the 48-year music industry veteran said, commenting on the traditional style of Sergeant Brade's music and its appeal to the label. "The young man is so talented, and he's a good-looking kid. That's important these days."

But according to Mr. Mac, talent and looks aren't the only traits that can make or break a musician's career. He said good work ethics, dependability and ambition are key qualities to have.

So, he contacted Sergeant Brade to learn more about him. After finding out about his military career and his zealous moves he and his manager, Tech. Sgt. Jeff Daws at Edwards Air Force Base, Calif., have taken to further his music career, Mr. Mac offered him a home with the Pennsylvania-based independent label.

Sergeant Brade faced the decision to either stay the course with his agent, Jason Dauman of Dauman Music, or take the opportunity Mr. Mac had just offered, an offer that proves Sergeant Brade's potential because of the choosy nature of the label, Mr. Mac said.



Staff Sgt. Chris Brade's country music career is growing with his second album. He is an instructor at the 363rd Training Squadron.

"I decided to take Jerry up on it and see how far I'll get with him," Sergeant Brade said. "I didn't see the sense in having a middle man when I could talk to the president of the label himself."

When September rolled around, Sergeant Brade and Mr. Mac hadn't finalized the deal, but the singer-songwriter was still making breakthroughs. His voice carried him through the 2004 Falls Fest Idol competition and won him a gig as the opening act for country star Josh Turner at Falls Fest, in which he sang Rhett Akins' "She Said Yes" and Brian McKomas' "99.9 Percent Sure" to a 3,500-member audience.

"He did have stiff competition," said Kande Brown, 92.9 NIN on-air personality and Idol judge. "He just [sang] a little better, and he was a little more polished than the rest."

Sergeant Brade became an official member of BonTex Records and [www.countrymusicplanet.com](http://www.countrymusicplanet.com), the largest country music networking Web site, in October, Mr. Mac said.

Since then, he's been sprinting toward success.

In the beginning of December, he spent 22 hours in Awesome Works Recording studio in Holland, Texas, where Texas band Cross Canadian Ragweed recorded, recording "Ladder of Love" and the rhythm section for his second album.

The new CD, which is taking out \$7,200 of lining from his manager's pockets, has 10 tracks. Only two of the songs were composed by other musicians, "Hell Only Knows" by Donald Wagner and the much-promoted single.

Sergeants Daws and Brade authored the rest. His first album features four of the songs that are on the second, but the songs are shaped differently and take on different sounds for the currently unreleased album, Sergeant Brade said.

Brian Meadows lent his finger picking, strumming and vocals, Danny Theile laid the bass line, Chad Brade, Sergeant Brade's cousin, provided the taps, crashes and bangs of the drum and Steve Palousek twanged the steel guitar for the album.

The master copies are finished and tweaked. Now, Sergeant Brade is perfecting the artwork and design with the help of his wife, Karen. As soon as they submit everything to Disc Makers, a distribution company based out of California, the company will manufacture the CDs.

Sergeant Brade said he hopes they will be ready for

release by the end of this month.

He's already submitted copies of the single to several radio stations across Texas. KTEX 106.1, a country station that reaches Sergeant Brade's hometown of Giddings, held an interview with him in December, which featured "Ladder of Love" and "In the Name of Love," a song from his first album.

KTEX listeners now make a total of three to five requests a week to hear one of Sergeant Brade's music, Mike Austin, the station's imaging director, said.

"I really like his music," Mr. Austin said. "He's an excellent artist, he's got original stuff and he sounds good, so we play it."

He also did a radio interview with KRXT 98.5 in Rockdale, Texas.

Sergeant Brade said he plans to market himself, along with Jerry Mac's help, to as many Texas stations as possible. His goal is to make the Texas Music Chart, a chart that requires 250 spins, or songs played, throughout Texas a week.

"I think he'll far well," Mr. Austin said.

With a growing music career comes growing demands. Sergeant Brade said he performs about once a weekend, whether it's a solo performance with just his guitar, a radio interview, or a full set with his new band, Highway South, a band that hopes to open for Merle Haggard in Midland/Odessa, Texas.

He said he understands it's demanding more of him, and his output in the pursuit of his dream has caused a decrease of energy toward other aspects of his life. His energy shift hasn't affected his military day-to-day job, but he admitted that he hasn't studied for his promotion test. He also took a semester off of school.

However, he said his wife, Karen, and two daughters, Taylor and Mackenzie, are paying the highest toll.

"I'm hardly at home, and when I am home, I'm returning phone calls I missed during the day until about 11:30 p.m.," the singer said, averting his eyes, seemingly hiding tension's tinge. "It's getting a little tough."

But, he said he'll strive for balance and work to include his family as much as possible, even though sometimes they can't make performances.

As for his military career, he still has four years left in his current enlistment. He said if he becomes successful in music, he'd like to transfer into a Reserve unit, but until then, he'll keep practicing his skills at another unexpected talent he needs to have a music career: juggling.



Think  
before you  
drink.  
Hand your  
keys to a  
wingman.

Want to  
quit  
smoking?  
Contact the  
health and  
wellness center  
at 6-4292 about  
smoking  
cessation  
classes and  
how they can  
help you.

Overspending and not saving can lead to ...

# BREAKING THE BANK

By the Sheppard Law Center

The number of bankruptcy filings in the United States has steadily risen in the past ten years. Last year, there were over 1.5 million non-business bankruptcy cases commenced.

For those under the age of 25, bankruptcy filings have increased by 96 percent.

In bankruptcy court, it is not unusual to see debtors with over 15 credit cards and no assets to show for it. Living beyond one's means, buying items you want instead of need and impulsively spending money earned rather than putting it away into a savings account all contribute to this growing problem.

Bankruptcy is one way to deal with financial debt, but it should be the option of last resort. Bankruptcy has two main purposes. First, bankruptcy gives creditors a fair share of the money that debtors can afford to pay back. Second, bankruptcy cancels many debts via a court order called a "discharge."

In short, bankruptcy gives debtors a fresh start, relieving the financial burden caused by, in many cases, overspending and abusing credit.

Before leaping at the idea of filing for bankruptcy, realize

there are significant negative consequences.

Bankruptcy filings can be listed on credit reports for up to ten years. A bad credit rating can preclude someone from renting an apartment, buying a car, obtaining a student loan or getting a job.

Filing for bankruptcy also means spending more money out-of-pocket. Filing fees run up to \$200 and attorneys fees vary widely. Carefully consider these costs prior to filing a bankruptcy case.

In fact, avoid the issue of bankruptcy altogether. Create a budget and live by it. Start off with small changes in your spending habits and build from there. Deposit a part of your paycheck into an interest-bearing savings account and let it grow. Limit yourself to one credit card and use it for emergencies only.

Begin saving today to boost your financial security for unexpected emergencies and major purchases.

If you have general questions about bankruptcy, please make an appointment with the Sheppard Law Center so that we may assist you. Our number is 6-4262 / DSN 736-4262. Our website is <https://webm.sheppard.af.mil/82trwja/index.html>.



## Watch out!



The best way to learn to lead is to observe the best

By Chief Master Sgt. Ed Washburn

882nd Training Group

In my 29-plus years in the Air Force, I've observed so many different approaches to leadership ... I've seen the good, the bad and the ugly.

I found what worked well for me, especially when I was first placed in a leadership position, was to observe other leaders in action. I'd watch to see how they handled themselves in different and difficult situations. I would constantly pick a leader's brain for any information they were willing to share on how they got to where they were.

Keep in mind that what someone else does may not necessarily work for you, but it's certainly worth a try.

How many of us have ever made the following comments about leaders we've observed: "When I grow up in the Air Force, I want to be just like him or her..." or "If I ever get in the position they're in, I'll never do it that way..."

I believe at some point we've all said both of these statements, and there's nothing wrong with that. The important thing is to observe and learn so when you do get in that position, you really can make a difference.

The one thing I've observed that I really think sets great leaders apart is that they make themselves visible and available. You may have heard the phrase "management by wandering around." You know what ... it really does work!

When I was a staff sergeant, I clearly remember one chief sergeant in particular who would stop by our section occasionally just to talk and joke around with us. He would inquire about what was happening in the job and in our personal life.

The fact that this chief sergeant took the time to show a personal interest in me went a long way in molding me into a leader. I really came to trust him. I knew I could go to him with any issue and he'd take the time to listen.

He was one of those leaders whom I swore I would emulate if I was fortunate enough to be a chief one day.

On the flip side, I've seen and heard of supervisors today who would rather lead through "management by e-mail." Although e-mail has its good points, it cannot replace personal interaction. There's nothing people appreciate more than their leaders taking the time to show a genuine personal interest in them. Stopping by the duty section or just a quick "how's it going" conversation in the hallway goes a long way in developing a great relationship.

By doing this, I've found that subordinates will place their trust in you and seek you out to help them solve both work-related and personal problems that arise. A true sign that you're a successful leader is when your subordinates trust you enough to confide in you ... not to completely solve their problems, but to help advise and point them in the right direction.

So observe your leaders closely and don't be afraid to ask them questions about what made them successful as a leader! Doing so will go a long way in helping you learn to be a successful leader as well.

## Loyalty: It runs up, down chain

By Maj. Tim Nolan

80th Operations Group

Ty Willingham was recently fired from his job of head coach of the Notre Dame football team.

He was the first Notre Dame football coach not to be allowed to finish his initial contract.

At the same time the university was displaying a historic lack of loyalty to him, his players were giving him remarkable loyalty, refusing for the most part to even talk to the media, let alone say anything negative about their coach. The value of loyalty might not be important in a university athletic department, but it is vital in our Air Force.

Loyalty is faithfulness, both up and down the chain of command. It is not unthinking obedience to orders. A leader can only inspire this faithfulness when subordinates or students trust their commander, supervisor or instructor. This loyalty is the glue that truly holds together all superior military organizations.

Loyalty is faithfulness; allegiance. A loyal subordinate can be counted on; one who supports the leader in public and saves dissent for private.

General Colin Powell said, "Loyalty means giving me your honest opinion, and then you think I'll like it or not... [then] executing the decision as if it were your

*"The strongest is never strong enough to be always master unless he transforms strength into right and obedience into duty."*

Jean Jacques Rousseau

own."

Loyalty is also taking care of your students or subordinates, as you would want to be taken care of - working their assignments, awards and problems with more vigor than your own.

Loyalty is not unquestioned obedience to orders. A charismatic leader can inspire blind obedience through the sheer force of personality with horrific results, exemplified by the Holocaust and the killing fields of Cambodia.

This is not the loyalty that the military looks for. Fear is also a tremendous motivator, compelling people to obey, but when people's fears are alleviated, motivation to obey can be greatly diminished, and eventually subordinates will lose their fear.

As Swiss philosopher Jean Jacques Rousseau wrote, "The strongest is never strong enough to be always master unless he transforms strength into right and obedience into duty."

To transform obedience into duty and to inspire loyalty, a commander must inspire trust. Without trust there will never be true

loyalty. Followers only give their trust to a leader who embodies integrity and is a visible example of the organization's values.

In military organizations these values include service before self, impartiality and concern for others.

Gen. George C. Marshall illustrated moral integrity throughout his career. As chief of staff during World War II, he attempted to refuse all personal awards and honors to avoid the mere appearance of taking advantage of his position. He only gave in and accepted honors at the personal insistence of the President.

Integrity, as demonstrated by General Marshall, is perceived by followers as loyalty from their commander - their leader - to them.

When a commander is loyal to his or her followers or an instructor is loyal to the students, the reward is loyalty returned. Loyal followers of a loyal leader will carry out the leader's desires out of a sense of duty; they will support the leader in good times, and as Coach Willingham witnessed, in the worst of times.

## Don't dodge it, your AEF needs you

By Maj. Gen. Bob DuLaney

U.S. Air Force in Europe director of air and space operations

RAMSTEIN AIR BASE, Germany (AFPN) - For the past six years, our Air Force has used the Air Expeditionary Force construct to meet the air and space power needs of the air nation, tweaking the AEF as necessary to improve it and adapt it to meet emerging challenges.

One of those adjustments has been to expand the pool of AEF-eligible Airmen.

The Air Force Chief of Staff,

Gen. John Jumper, said it best.

"Let me be perfectly clear. In our Air Force, every Airman is expeditionary, every Airman will know his or her place in the AEF system, and every Airman will be prepared to support the combatant commander, whether deployed, in CONUS via reach-back, or employed at home station. If you are wearing the uniform of the United States Air Force, you are part of the AEF."

That seems pretty clear to me. Note the lack of any escape clauses such as, "unless you're really important," or "unless you're an O-6." Our nation is at war and our combatant commanders need you, regardless of rank or position, and they need you to be ready to fight when you reach their theater.

The AEF process was

designed with predictability in mind. By placing you in an AEF bucket, you can enjoy some measure of stability by knowing when you can expect to deploy. This affords you, your family, your co-workers and your supervisor an opportunity to plan for your absence. Use this valuable lead time to get your personal life in order, including finances, wills and childcare plans.

It is also imperative to get your professional life in order. Update or create your continuity books so those left behind can cover your duties and ensure continued mission success for your unit.

Take a look at your professional military education and promotion timelines and make appropriate plans. Do you need to take care of any performance reports or feedback sessions?

Institutionally, we are getting pretty good at making sure our Airmen are getting their personal lives in order, but we also need to make sure we are taking care of the unit when our men and women proceed down range.

Supervisors and leaders, your involvement is critical to our success. You also need to plan for your troops' rotations. Find a replacement or plan on redistributing duties to other members of your team. Will there be some degradation and turmoil?

Probably, but what everyone needs to understand is we are all in this together - we are at war. As an Air Force, we must support our combatant commanders.

Don't try to "protect" your key players from the AEF. If they are really that good, then our combatant commanders need them more than you do! Almost all of us train during peacetime to perform a wartime mission; you owe it to the American taxpayers to put their warriors into the fight.

As an added bonus, a key player's absence provides opportunities for those left behind as they step up to fill in or learn a new duty. It truly can be a win-win for our Air Force.

We will continue to prosecute the global war on terrorism for the foreseeable future. Our AEF concept has proven very effective over the last several years at putting air and space power where we need it, when we need it.

Your role is to be ready, personally and professionally, to take the fight to our nation's enemies.

If you are in a leadership position, make sure your team is ready to fight or carry on the home station mission when individuals are on your team deploy. No matter who you are, if you are wearing Air Force blue, your AEF needs you.

Submit your questions and concerns to action. line@sheppard.af.mil or call 6-2000.

Your submission may be printed in The Sheppard Senator.

## Sheppard Senator

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## Clever captions



No. 21

**Compete to see your funny caption for photo No. 21 in next week's Sheppard Senator.**

### Here's how

1. Write an imaginative, humorous caption for photo No. 21.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the *Sheppard Senator*.
5. All entries are judged by the *Senator* staff. Good luck!



No. 20s winning entry: "That's it! Next time I'm just putting the new base sticker over the old one - this glue's impossible to remove." by Gene Strouth, 82nd TRW/TO  
Runner up: "Have you hugged your pet jet lately?" by Ken Griffiths, 365th TRS

## SHEPPARD EVENTS

### Chapel schedule

#### Catholic services

Confessions are at 4 p.m.  
Sundays at the south chapel.

#### Sunday

Mass: 9 a.m. and 5 p.m. at the south chapel

#### Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

#### Protestant services Sunday

10:30 a.m. Ecumenical North Chapel Dedication Service (north chapel)

### Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon. (south chapel)

### Protestant religious education

Adult religious education, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible Study; lunch provided (south chapel). PWOC

Thursday Bible study, 6 p.m.

### PMOC

Tuesday Bible study, 6 a.m. For more information, call the base chapel at 6-4370.

### Student ministry

#### Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m.  
Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m.  
Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m.

Student Contemporary Worship Service, 5 p.m.

Liturgical Protestant Worship Service, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

Students: Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. and 4 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

For more information, call the base chapel at 6-4370.

### Youth center

#### Read by mail

A new reading program for kindergarten through eighth-grade youth is underway.

Children can earn prizes for reading books from a more-than-13,000-book collection. Register at the base library or youth center.

For more information, call 6-5437.

#### Teen aviation camp

The youth center is now taking applications for the 2005 Teen Aviation Camp until Feb. 23.

For more information, call 6-5437

## Sheppard Spotlight

### 15 lines of fame

1. **Name:** Lance Turner
2. **Rank:** Technical sergeant
3. **Organization and position:** 364th Training Squadron, chief military training leader
4. **Most rewarding aspect of your job:** Impact on the lives of the Airmen who come to Sheppard for training.
5. **Why did you join the Air Force?** I was bored with college, and it seemed like the right thing to do.
6. **Favorite Air Force assignment:** Spangdahlem Air Base, Germany
7. **Date arrived at Sheppard:** January 2001.
8. **Hometown:** Big Lake, Texas.
9. **Married or single:** Married to Theresa with daughter Shelby and one due any day now.
10. **Favorite thing(s) to do in your free time:** Taking care of my family, renovating my home or golfing when I'm not doing the other two.
11. **Funniest childhood memory:** Too many to mention.
12. **Favorite book or movie:** "Band of Brothers."
13. **Dream vacation:** Australia.
14. **If you could be anyone for one day, who would you be?** I'm very happy just being myself.
15. **Other than your family, what is your most prized possession?** My health and the daily evidence that God has blessed me and my family.



Movie line: 676-4427

### The Incredibles (PG)

TODAY: 6:30 p.m.

SAURDAY: 2 p.m.

Animated. A dysfunctional family of famous superheroes is placed in a quiet suburb by the Witness Protection Program, but they come out of retirement when the world is threatened.



### Woman Thou Art Loosed (R)

TODAY: 9 p.m.

Starring: Kimberly Elise, Loretta Devine. After surviving abuse and molestation, Michelle turns to life of drugs, prostitution and prison. She does some soul-searching that takes her on a journey to recovery and resolve.



### Blade: Trinity (R)

SAURDAY: 4:30 p.m.

SUNDAY: 2 p.m.

Starring Wesley Snipes, Kris Kristofferson. Vampires set Blade up to appear like a psychopathic serial killer. Blade's ability to hunt vampires is limited severely. To take on the threat of Dracula, Blade accepts the help of a team of human vampire hunters.



### Ocean's Twelve (PG-13)

SAURDAY: 7 p.m.

SUNDAY: 4:30 p.m.

Starring: George Clooney, Julia Roberts. When Danny Ocean and his notorious group struggle to live a straight life, circumstances lead them back to crime to protect them from their big heist's victim and other adversaries hot after them.







## Senators look to win big at MLK tournament

By Senior Airman Chris Powell  
Senators sports editor

The 12th Annual Martin Luther King basketball tournament, one of the biggest Air Force varsity basketball tournaments in the country, takes place here this weekend.

Thirteen teams from all over the Midwest and even as far as Florida will participate in the tournament.

Looking to make a run from the season's mediocre 6-8 record, Sheppard Senator's Coach Tyrone Jones says the home team needs to stick with their system because it works.

A style of play that features tough rebounding and defense with smooth offensive execution is great, but having players familiar with the sys-

tem is crucial to its success.

And Coach Jones says not having those players is a big reason for the team's record.

"Only having two players return from last season's team is the main reason for having a 6-8 record," he said. "We have had periods of inconsistency that have led to some heartbreaking losses."

"I expected a little of that with only two returning players, but we are a team that will rebound and will be very competitive in the Southwestern Men's Basketball League."

Being competitive is a start, but winning the MLK tournament this weekend will likely mean having to go through Randolph Air Force Base - a team that was the last two tournaments and beat the Senators in one of the championship games.

The Senators made it to the championship game in 2003, but lost to Randolph. They lost to Lackland in the semi-finals last year.

Coach Jones said Randolph will put up the biggest fight to the Senators because of their penchant for winning and having such a close-knit group.

But you can't give too much attention to what the other team is doing, the coach said.

"We try to concentrate on our team and not our opponents. A lot of coaches get caught up in what the other team will do and forget about their team's strengths," he said. "We are holding our normal practice sessions, and we have to stay in our normal way of operating."

Another hurdle the Senators must overcome is playing without injured center Nate McCoy and

guard Manuel Berges.

McCoy had season-ending knee surgery while Berges is nursing a sore knee.

"Both players are key to the team," Coach Jones said. "I know both are disappointed about not being able to play, especially at home, but the team will pick up the slack for them."

Despite having key injuries and a team that hasn't played to its potential this season, Coach Jones says his team has as good a chance as any to win this year's tournament.

"I think we have a very good chance at winning this year," he said. "Most of the teams in the tournament we have faced before and beaten. We also have the luxury to be playing at home with our fans."

## Sports Briefing

### MLK tournament times

The Martin Luther King basketball tournament starts at 8 a.m. Saturday at the south and main fitness centers.

Later games will be at 9:30 a.m. Saturday at the south and main fitness center and 11 a.m. at all three fitness centers.

Games will continue Sunday at 8 a.m. until 6 p.m.

The championship game is Monday at 11 a.m. for the women's team and 1 p.m. for the men's team at the main fitness center.

### Proper PT uniform wear

The Chief of Staff of the Air Force has approved policy for wear of the official physical training uniform at all organized PT functions.

The mandatory wear date will be established at a later time.

Any combination of PT uniform items may be worn together but can't be worn with any civilian clothing.

■ **T-shirt:** It must be worn tucked into shorts.

People may wear the short or long-sleeve style Air Force shirt.

■ **Warm-up suit:** When the jacket is worn, it must be zipped up at least halfway.

The hood will be stored and zipped when not worn.

The pants, when worn, must be zipped at the legs.

■ **PT shorts:** Spandex shorts and leggings may be worn under PT shorts. During cold weather periods, full-length leggings can be worn.

■ **Socks and shoes:** Ankle or calf-length socks must be worn.

Small, conservative trademarked logos may be worn on socks.

Shoes must be a conservative color like white, black or dark blue.

■ **Hats:** Hats aren't required when performing PT activities.

■ **Saluting:** Saluting is not required when performing PT activities.

Saluting is required, though, if people meet and are displaying appropriate rank and are not participating in PT activities.

■ **Hair:** Hair must be neat and not allowed to hang loose below the collar. It should be tied back.

■ **Reflective belts:** The installation commander will determine if reflective belts must be worn.

■ **Jewelry:** Jewelry wear will follow normal uniform wear rules. The mandatory wear date will be determined once sufficient supplies are available.

Uniforms will be available for purchase in military clothing sales stores.

### Sheppard bass anglers wanted

The local American Bass Anglers district is looking for more Team Sheppard members to join. The ABA, the largest tournament trail in the world, now offers more than 900 tournaments in 105 districts across the country for this weekend angler.

The organization was founded in 1975 and was formed for military bass fishermen and called Military Bass Anglers Association, or MBAA for short.

Upcoming tournaments are Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Matt Slegt. Rob Eckles at 8-6287 or go to

[www.americanbassanglers.com](http://www.americanbassanglers.com).



Photo by Senior Airman Chris Powell

### Lessons from Big D

Derek Robinson, ranked in the top six in the men's professional racquetball tour, shows a Team Sheppard member the proper way to swing a racquet Tuesday. Robinson came to Sheppard Tuesday to give a racquetball clinic to Team Sheppard members.

## Bemidji State beats Air Force, 4-3, in hockey overtime

Courtesy of the Air Force News Service

BEMIDJI, Minn. (AFPN) — Jean Guy-Gervais scored the game-winning goal with 1:34 remaining in overtime as Bemidji State University beat Air Force, 4-3, in a College Hockey America game here Jan. 8.

Bemidji State improved to 11-7-0 overall and 6-2 in the league for second place. Air Force fell to 9-9-2 overall and 3-5 in the league for fourth place.

The game was the Falcons' to win as they had a one-goal lead with one minute remaining in the third period, but they could not put the game away. Andrew Murray tied the game after the Beavers pulled the goalie with 59 seconds left.

The teams combined for just one goal in the first 40 minutes of the game and then combined for six goals in the final 23 minutes. The only lead BSU had in the game was the game-winner in overtime.

After a scoreless first period, the

Falcons got on the board first at the 6:45 mark of the second period. Seth Pelletier tipped in a shot by Steve Mead on the power play. Eric Ehn won the faceoff, and Pelletier scored his fifth of the season. The lead held up until a wild third period.

The Beavers tied the game at 1-1 early in the third period as Myles Kuharski scored on a shot from the top of the circle. Just 40 seconds later, Bemidji State answered. On a nearly identical play to Kuharski's goal, Jake Bluhm scored his second of the season. Bluhm skated down the right wing, and his shot from the top of the circle beat Ian Harper high, glove side, just inside the far post.

Again the Falcons answered with 2:14 remaining as Josh Print scored on an odd-man rush. Brian Gineo hit Brandon Merkowsky in the neutral zone to create

the rush. Merkowsky skated the puck down the right wing and fed Print after the goaltender had committed to the short side. Print slid the puck past Matt Climie for his fifth of the season. The goal gave the Falcons a 3-2 lead. The Falcons outshot the Beavers, 14-8, in the final period, but the Beavers forced overtime.

With 1:20 remaining in the third period, the Beavers pulled Climie from the net in favor of an extra attacker. Air Force defenseman Brooks Turquist tried to clear the puck from behind his own net, but the puck slid off his stick and into the faceoff circle. Gervais collected the puck and fired a shot that was saved, but Murray put in the rebound with 59 seconds remaining.

In overtime, the Falcons had one good scoring chance early as Matt Bader's shot was saved. Midway through the extra frame, two Air Force players, Andrew Ramsey and Josh Print, collided in the neutral zone and the puck bounced right

See HOCKEY, Page 3B

## Academy wrestlers fall to Brown at Lone Star Duals

Courtesy of the Air Force News Service

GRAND PRAIRIE, Texas — The Air Force Academy wrestling team remained winless Jan. 8, falling to Brown University, 26-15, in its last meet at the Lone Star Duals wrestling tournament. Picking up individual wins for the Falcons were Josh Peterson, Brandon Strong, Beau Tresmer and Brenden McLean.

Air Force started out the match already down 6 points as it was forced to forfeit the 125-pound weight class because Zach Valdez suffered an injury in an earlier match against Columbia University. Strong, who remained undefeated, evened up the team score in his 133-pound bout by recording a fall in 6:37 against Greg Pace.

After giving up a fall at the 141-pound weight class, the Falcons got three team points at 149 pounds from Peterson, who notched a 3-2 decision over Tim Smith to bring Air Force within 3 points.

Brown won at 157, but gave up a 7-2 decision by Tresmer at 165 pounds. Besides the three team points awarded to the Falcons for Tresmer's win over Mike Savino, the Bears lost a team point for unsportsmanlike conduct, and Air Force remained within 3 points in the team scoring.

However, the Falcons were able to win just one of their last three matches. The lone Air Force wrestler to grab a victory down the stretch was 197-pounder McLean, who also remained 3-0 after notching a 5-2 decision over Leo Sanluk.

Also on Jan. 8, additional Falcon wrestlers competed at the Tracy Borah Invitational in Gunnison, Colo. Among the top performers were Trey McLean, the runner-up at heavyweight, and Luke Lefever, who went 2-1 on the day to finish third at 184 pounds.

After falling to Western State College's Dillon Waggoner in 1:58, Lefever dropped to the consolation bracket, where he recorded an 8-0 over Dillon Blackmon from the Colorado School of Mines. Lefever then moved into the third-place bout, where he was able to outlast Embrey-Riddle. Aeronautical University's Joffe Lander in an 8-6 decision.

McLean faced Western State's George Coleman in his final match of the day. He pinned Coleman in a time of 1:34, his fourth fall of the year. McLean then moved directly into the championship bout where he dropped an 8-2 decision to top-seeded Robert Charlton of Embury-Riddle.

The Falcons compete again Saturday when they run the annual Colorado Collegiate Invitational, featuring Adams State University, Colorado School of Mines, Northern Colorado University and Western State, along with visiting Portland State University. Following the tournament, Air Force will take on Portland State.

## Bowling

For more information, call 6-2170.

### Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umhah at 569-1619.

### Rock it Bowl at the north lanes

Glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

### Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

## Community center

For more information, call 6-3866.

### Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

### Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

### Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

### Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

### Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

## Fitness center

For more information, call 6-2972.

### Kid's room

Parents can work out and watch their children at same theme in the kid's room at the south fitness center.

### Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

### Spinning at the south fitness center

Spinning classes are at 5 p.m. weekdays and at 7 p.m. Mondays and Wednesdays at the south fitness center.

### Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week.

### Abdominal class

Monday, Wednesday and Friday at 11 a.m.

### Cardio blast

Monday at 7:15 a.m.

### Step aerobics

Tuesday and Thursday at 5:15 a.m.

### Spin Basic

Monday and Wednesday at 9:15 a.m.

### Body pump

Monday and Wednesday at 6 p.m.

Tuesday and Thursday at 9:15 a.m.

Thursday and Saturday at 11:30 a.m.

### Yoga and pilates

Monday, Wednesday and Friday at 10:15 a.m.

Tuesday and Thursday at 6 p.m.

Saturday and Sunday at 4 p.m.

### Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

### Kickboxing

Tuesday and Thursday

at 7 p.m.  
Sunday at 3 p.m.

### Intermediate step

Monday, Wednesday and Friday at 9:15 a.m. and Saturday at 10:15 a.m.

### Advanced step

Monday and Wednesday at 5 p.m.

### Combo step

Monday, Wednesday and Friday at 11:30 a.m.

## TOPS

For more information, call 855-4308.

### TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

## Youth center

For more information, call 6-5395.

### Fit For Fun 2005

The Fit for Fun 2005 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.

# Three Soldiers qualify for Biathlon World Championships

By Tim Hippi  
Army News Service

FORT KENT, Maine — Three Army World Class Athletes have earned berths in the 2005 Biathlon World Championships scheduled for March 5 to 13 at the Hochfilzen, Austria.

Sgt. Jacob Beste qualified by finishing among the top two men in the U.S. World Championship Team Trials Dec. 29 through 31 at Fort Kent, Maine.

Spc. Jeremy Teela and Spc. Jill Krause-Beste earlier earned spots on the team by virtue of their two top-40 finishes on the World Cup circuit. Despite having Team USA spots secured, Teela and Krause-Beste competed on the first of three days of competition at Fort Kent, where both skied and shot their way to victory in two feet of snow at the Maine Winter Sports Center. Teela had his first clean shooting day in six years while winning the men's 10-kilometer Sprint in 24 minutes, 52 seconds — 2:42 ahead of runner-up Tim Burke of Paul Smiths, N.Y., who also made the U.S. men's squad.

"Anyone you can shoot clean [it breaks] a mental barrier that athletes have in biathlon," said Teela, a native of Anchorage, Alaska, who lives in Jericho, Vt. "This is a first step to break it, now I need to keep breaking it."

Krause-Beste, who shot cleanly on prone and had two penalties in standing shooting, won the women's 7.5-kilometer Sprint with a time of 23:33.8 — 45.5 seconds ahead of runner-up Lanny Barnes of Durango, Colo., who also made the U.S. women's team.

"I am still focusing on shooting accuracy," said Krause-Beste, of St. Cloud, Minn. "If you can't hit the targets, it makes no difference if you shoot in 30 seconds."

Jacob Beste rebounded from a ninth-place finish Dec. 29 to post victories the next two days in men's Pursuit and Sprint competitions.

"Everything seems to be coming together," he said after winning the 12.5-kilometer Pursuit with a time of 36:50.4. "When you can win a race here that always means that your training has gone pretty well."

All totaled, five Army WCAP athletes, including a pair of married couples, are competing for 2006 Winter Olympic berths in biathlon — a combination of cross-country skiing and rifle shooting. Spc. Denise Teela of Anchorage and Spc. Sarah Kamilewicz of Saginaw, Mich., completed the list.

Denise Teela posted finishes of seventh, third



Courtesy photo

Army World Class Athlete Program biathlete Spc. Jeremy Teela is the only competitor to shoot cleanly en route to victory in the men's 10-kilometer Sprint during the U.S. World Championship Biathlon Team Trials Dec. 29 at Fort Kent, Maine.

Championships by finishing 20th in the 12.5-kilometer Pursuit race at Ostersund. After finishing 14th in the 20K Individual, 20th in the 10K Sprint and 23rd in the 12.5K Pursuit at the 2002 Winter Olympics, he struggled through last season.

After not recording any top 40 results in the first two World Cups of this season, Jeremy Teela went to Ostersund with two final opportunities to earn two top-40 finishes. He was skiing well but struggling with shooting.

He turned the corner in the 10-kilometer Sprint, going 8-for-10 on the shooting range and taking 28th place. His effort in Pursuit confirmed the Sprint was no fluke as he topped 16 of 20 targets to finish two spots ahead of fellow Alaskan Jay Hakkinen, giving Teela his second top-40 finish.

One day after Krause-Beste's qualification, Jeremy Teela earned a spot in the World

Jeremy Teela and Krause-Beste will resume World Cup competition with stops at Oberhof and Ruhpolding, Germany; Antholz and Cesana San Sclario, Italy; and Pokljuka, Slovenia, before heading to the World Championships. Jacob Beste will compete in European Cup events at Mittenwald, Germany, and Ridnaun, Italy, before returning to the World Cup circuit for three events prior to the World Championships.

Denise Teela will compete in the next two World Cup events. Kamilewicz is headed for North American Cup stops at Valcartier, Quebec, and Mount Itasca Winter Sports Center near Coleraine, Minn., in an attempt to qualify for the World Cup events at Cesana San Sclario and Pokljuka.

# Former baseball pitcher turned personal trainer helps Sheppard battle the bulge

By Senior Airman Chris Powell  
Senator sports article

Helping people reach their goals and implementing new programs is all in a day's work for Sheppard's new fitness center program director.

Billy Iriens, who arrived at Sheppard in November, helps people develop an extensive workout program, teaches people the routines they use in their programs and is working on programs to help get Sheppard in shape.

Working with anywhere from six to 10 people a day takes up most of his time, but it's something Iriens said he loves to do.

"I love to see a person's smile on their face when they attain some of the goals they have set for themselves," he said.

While it's great when people put the work in to earn their goals, Iriens said some people get discouraged because they don't see the results they are looking for soon enough.

"There are no overnight success stories. If you step on a scale everyday and don't see results, you might get discouraged," he said. "If you're looking to build muscle, it will take six to eight weeks before you really start noticing muscle improvement."

When a person comes to Iriens for help, he asks them what goals they want to reach, and then he gets them to write out short and long term goals from one month all the way to 10 years.

"Everyone's goals are different," Iriens said. "Some people want to tighten and tone their muscles, some want bigger muscles and some just want to lose weight, so I tailor a program that will meet their goals and work with them to reach them."

Christie Nichols is one of the people Iriens has helped reach his goals.

"He put me on a circuit training program and has been walking me through it," she said. "As I improve, he adds routines to the program."

Iriens said Nichols is one of his early success stories, and it's easy to see why.

"When I first started three weeks ago, I could only run half a mile," she explained. Now, I can run two miles, I've lost nine pounds and an inch off my waist."

She said what makes the program work well for her was Iriens let her choose her goals.

"I've never had a personal trainer before, but I'd recommend him to anyone."

While Iriens helps people set goals for themselves, there are a few he's set for himself, as well.

"I want Sheppard to have the highest pass rate in the Air Force fitness test in (Air Education and Training Command) and to help as many other people reach a healthier and fitter lifestyle," he said.

In order to do this, Iriens has come up with several programs that are aimed at getting people inside the fitness center.

One is the One Million Pound Weightlifting Club at the main gym. The first person to cumulatively lift a million pounds wins a shirt and gym bag.

Another is Fitness for Couples that starts Feb. 14 at the main gym. The purpose of this program is to give people an accountability partner for life to help and encourage them to stay fit.

While Iriens now spends his days helping people and coming up with new programs to get people fit, it used to be his job to make people



Photo by Senior Airman Chris Powell  
Billy Iriens, fitness center program director, shows a Team Sheppard member the proper way to stretch before running Tuesday at the main gym.

Iriens helps people build personalized workout programs to help them meet their fitness goals.

In college, Iriens was a pitcher at Seminole State College in Oklahoma in the late 1970s and early 1980s. During his two-year stay at the college, Iriens amassed a college record by striking out 225 batters and was the school's first two-time All American. Also, Iriens is the in the Jackson County Hall of Fame and is the 1970's and 1980's Pitcher of the Decade.

"I was drafted by the Mets, Brewers and Phillies," he explained. "I didn't come out of college when the Mets or Brewers drafted me, because I didn't feel it was the right time."

But on June 8, 1981, Jim Baumer, the Phillies head of scouting, drafted Iriens. He had two choices at the time - report to the Phillies or go to the University of Texas and pitch his remaining college years there. This time the sophomore pitcher chose to head to the big leagues.

He started out at single A and made it all the way to AAA and even attended major league spring training as a closer and long reliever. At spring training, he played with the likes of Pete Rose, Steve Carlton and Mike Schmidt.

But Iriens said his most memorable moment playing minor-league baseball was when he was with the Oklahoma City 89ers and struck out Eric Davis to get the save and win the Carolina-league division.

Most sports fans know some funny stories come out of playing in the minor leagues, and Iriens has plenty of them. One of the stories he recalled from his of playing days was when the team would have Jungle Rules Court.

"When someone on the team was fined, the coaches would pick a judge and two lawyers, one for the defendant and one for the prosecution," Iriens explained. "If you were the defendant and you're lawyer won the case for you, you wouldn't



Photo by Senior Airman Chris Powell  
Billy Iriens, fitness center program director, works out on a fitness ball with a Team Sheppard member Tuesday at the main gym.

have to pay the fine. But if you lost, you had to pay two times the amount of the fine.

"The best part of the court was when people would come up with really crazy lies and it would get the whole team and even the coaches laughing," he said.

But after playing four years in the Phillies organization, a shoulder injury ended his career, and Iriens had to look for a new career.

"I decided to go back to school and get my degree to become a personal trainer," he said. "But I have no regrets about anything in my baseball career. It was my dream to be a baseball player."

Now that Iriens has reached his goal, his mission is to help others reach theirs.

"I'm a people person," he said. "I just like to help people."

## HOCKEY

Continued from Page 1B

to a Bemidji State player for a 3-on-1 rush. Brendan Cook's shot was saved by Harper, but Gervais put back the rebound near the right post for the victory.

Bemidji State outshot Air Force, 28-25, in the game. Air Force was 1-for-5 on the power play while BSU was 0-for-5. Harper made his third start of the season in net. He made 24 saves, including 11 in the first period when the Beavers had six minutes of power plays. Climie made 22 saves for the Beavers, including 12 in the third period.

"This is as painful as it gets," said head coach Frank Serratore. "We out-played them in the third period. We played hard, and we executed, but just didn't get it done. They stole this one from us. We proved that we can skate up and down the ice with them, but this is a very, very painful loss - gut-wrenching. We just have to bury this one and move on."

Air Force returns home for a two-game nonconference series against service academy rival Army Jan. 14 and 15. The faceoff is at 6:05 p.m. MST on Jan. 14. The game is nationally televised on College Sports Television.

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# Former NFL star glad to serve Soldiers

**Bob Reinert**  
*Northwest Guardian*

FORT LEWIS, Wash. — Fort Lewis isn't necessarily where one would expect to find a former All-Pro defensive tackle, a guy who earned a Super Bowl ring, someone who knows John Madden better as his coach than as a network football analyst.

It's been a quarter-century since he traded his No. 60 Oakland Raiders jersey for civilian clothes, but Otis Sistrunk looked comfortable recently as he sat at his desk in the stadium he manages on post. The memorabilia on the wall behind him recalled his glory days with the Raiders.

Sistrunk, who never played college football, was a 1974 All-Pro selection and was an integral part of the Madden-coached Oakland team that dispatched the Minnesota Vikings, 31-14, in Super Bowl XI Jan. 9, 1977, in Pasadena, Calif.

All that is behind him now.

"In the NFL, we think we can play forever, but we can't," said Sistrunk, 60. "When I got out of football — I'll be honest with you — I didn't know what I was going to do."

Sistrunk lasted seven years in the NFL and spent a couple more as a beer salesman. One day when he was at Fort Benning on business, a lieutenant colonel asked if he'd be interested in coaching the post football team. His government career was born.

Sistrunk, who I was going to be here 20-something years," said Sistrunk, now approaching his 22nd anniversary as an Army employee. His second career required no bigger jump than the one he made from high school to the Raiders via semi-pro football.

"My whole thing was to go overseas and

work," said Sistrunk of his early motivation with the Army. "My grandmother was sick and my mother was sick, so I couldn't go away."

Instead, he spent a dozen years at Fort Benning, attending to the sports and fitness needs of Soldiers.

"It was a challenge to me," Sistrunk said. "It was very interesting. I got a chance to know a lot of people."

When the opportunity presented itself, he transferred to Fort Lewis. He's been there ever since.

"I enjoy working at Fort Lewis," Sistrunk said. "I had opportunities to go overseas —, and different places, but I love Fort Lewis. When I go out of town, that's the first thing I tell people — I work at Fort Lewis."

Sistrunk does travel frequently to appear at charity golf events and to speak with school children. He had started going to Oakland area schools with Raider linebacker Phil Villapiano when both were still active players.

"We would go to the schools and talk to the kids about staying in school, don't do drugs, turn yourself into a lady or a man," Sistrunk said.

A decade later, when he was working in the gym at Fort Benning, Sistrunk was approached by a young, female second lieutenant who said she wanted to thank him. She told him that she was in one of those Oakland classrooms that he and Villapiano had visited. She wound up going to college, getting into ROTC and joining the Army.

"I've never seen her since," Sistrunk said. "We know we saved one person. There's probably more."

Sistrunk still uses his NFL background as currency at Fort Lewis. Some Soldiers just want to sit on his office couch and talk football. Others have more pressing matters on their minds.

"Sometimes it helps if you sit here and talk to a young kid," Sistrunk said. "I tell young Soldiers, 'If you've got a problem, come in here and talk to me. Try to stay out of trouble.' The longer you stay out of trouble, the longer you'll stay in the military."

"Otis has really shared his knowledge and experience with all," said Lonnie Meredith, head coach of the Army flag football team that defeated Navy in early December at Cowan Stadium on Fort Lewis.

Sistrunk served as one of Meredith's assistant coaches.

"He's a true role model, one that you can access daily," Meredith said. "He has always helped everyone that approaches him with guidance and direction. He shares his ideas and thoughts with others."

"Otis has been a plus to the program not because of playing football in the NFL, but because of his ability to work with a variety of people, from privates to generals," said Jerry Weydert, sports director at Fort Lewis, who lauded Sistrunk's "willingness to do what is needed to get the job done."

If the Oakland Raiders were once like a family to him, Sistrunk now is part of another one — the Army.

"I just love the military," Sistrunk said. "I look



Photo by Bob Reinert  
Former All-Pro football player Otis Sistrunk has fashioned a second successful career as an Army civilian employee. Sistrunk runs Cowan & Memorial Stadium, Fort Lewis, Wash.

forward to coming here every day. It's been rewarding for me. You can't make everybody happy, but I try to do my best.

"We try to do the best we can to serve the Soldiers. It's a challenge to me every day."

# Falcons shoot past Regis, 72-52

**Courtesy of the Air Force Academy News Service**

U.S. AIR FORCE ACADEMY, Colo. — Shooting a school-record 72.7 percent from long range, the Air Force Academy women's basketball team downed Regis University 72-52 Jan. 8 for its largest victory of the season. With the win, the Falcons move to 5-8 on the season, while the Rangers fall to 10-3.

Regis got out to an early 6-1 lead, but Air Force regrouped, scoring the next 7 points to take its first lead of the game. The Rangers again went on top at 11-8, but Air Force once again scored 7 points to get back on top for good. The Falcons, shooting over 58 percent from the field in the first half and hitting five-of-six three-pointers (83.3 percent), led by as many as 12 before going

into halftime with a 39-28 lead.

While the Falcons cooled down somewhat in the second half, it still was able to draw their lead out to 13 points with just under 8:45 remaining. The Rangers had a response, putting together an 11-1 run, which was helped by an intentional foul by the Falcons. Denise Loper's resulting pair of free throws and subsequent layup cut the deficit to 4 points at 56-52, and suddenly it looked like Air Force's fifth win of the season might be in jeopardy.

The Falcons stepped up on their next possession as Leticia Castillo knocked down her second three-pointer of the day, stopping the Regis run in its tracks. The Rangers were held scoreless for the last six minutes of regulation, as Air Force cruised to the 20-point victory.

For the game, the Falcons, who average

38 percent from the field and 28 percent from long range, recorded a season-high 52.3 field goal percentage, hitting 8-of-11 shots. Meanwhile, it limited Regis to 34 percent field goal shooting and 16 percent from downtown.

Lauren Henderson led the Falcons with 15 points, hitting a school record 4-of-4 from long range, while three other Air Force players joined her in double-figures. Castillo added 14 points, Alecia Steele pitched in 12 points and Briana Thomas added 10 points to go along with her team-leading six rebounds. Also stellar for the Falcons was Jennifer Roesch who finished with 7 points, five rebounds, three assists, three steals and two blocks.

The Falcons play again today when they open the Mountain West Conference slate against No. 23 New Mexico University.



Photo by Spc Joy Pariente  
Staff Sgt. James McCormick holds sons Aiden, 7, and Brennan, 4, close at Sun Devil Stadium in Tempe, Ariz., following a surprise reunion during the Fiesta Bowl.

# Fiesta Bowl honors military, reunites Army family

**By Spc. Joy Pariente**

TEMPE, Ariz. — The 34th Annual Tostitos Fiesta Bowl provided the venue for a touching family reunion Jan. 1 in Tempe, Ariz.

Staff Sgt. James McCormick, a technical inspector with Company D, 1st Battalion, 227th Aviation Regiment, 1st Cavalry Division in Iraq, was chosen to participate in the Tostitos "Family Connections" half-time program. McCormick received leave from Iraq to see his wife and three sons. The catch was that the entire event was a surprise to his wife and children.

As part of the top-secret reunion plan, his family had no idea he would be at the stadium in person. Wife Tresa and sons Aiden, 7, Brennan, 4, and Connor, 1, thought would see their dad via a videoconference. After Tresa participated in a football throw to raise money for the United Service Organizations, her husband entered the field at Sun Devil Stadium and went straight into his wife's waiting arms.

"We were gonna see you on T.V., but we got you home," exclaimed Brennan.

After spending time cuddling and crying in front of the media's lenses, the McCormicks left for some family time.

"This is great," McCormick said. "I missed everything. I missed these guys just jibber jabbering constantly," he said, while he held his sons' hands.

McCormick had a very tough time leading up to his happy reunion. He said keeping the secret from the other Soldiers and his family while being so excited was the hardest part.

Earlier in the day, during pre-game festivities, the Fiesta Bowl paid homage to military members who were schooled at the University of Utah and the University of Pittsburgh, the universities playing each other at the Fiesta Bowl.

First Lt. Cori Lynn Chapman, representing the Utes, was a forward surgical team executive officer and Capt. Stewart Lindsay, representing the Panthers was an anti-tank infantry officer, both with the 82nd Airborne Division.

The officers were chosen by their universities' alumni associations and the Department of the Army for recognition of their stateside and Iraq military service.

"I'm very honored to not only be chosen by the University of Utah but the Department of Defense to represent the people serving in Iraq and Afghanistan," Chapman said.

And for anyone interested in college football action, the Utes destroyed the Panthers, 35-7.

If you would like to volunteer to write for the Sheppard Senator, please call 6-1326.

Be smart.  
Don't drink and drive.